



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

March 14<sup>th</sup>, 2015 Cooking Class

Featuring

Buffalo Bill's Executive Chef

Andy Altomare

### Blackened Mahi Mahi

#### Ingredients:

- 6 oz. Mahi Mahi fillets, one per person
- 1 Tablespoon Blackening Spice per fillet
- 2 teaspoons oil per fillet

#### Blackening Spice

- 1.5 Tablespoon, paprika
- 1 Tablespoon, garlic powder
- 1 Tablespoon, onion powder
- 1 Tablespoon, dry thyme
- 1 teaspoon, black pepper
- 1 teaspoon, cayenne pepper
- 1 teaspoon, basil
- 1 teaspoon, oregano

#### Directions:

**Blackening Spice:** Combine all ingredients together and stir to evenly mix. Store in an airtight container.

#### Mahi Mahi:

Rub Blackening Spice onto fish. Preheat oven to 350 degrees.

Heat oil in an oven safe pan and sear fish. Transfer fish to oven and continue cooking until fish reaches an internal temperature of 145 degrees. Serve with Pineapple Relish.

Nutrition Facts	
Serving Size: 1 serving (180.0g)	
Servings: 1	
Amount Per Serving	
Calories	250
Calories from Fat 100	
% Daily Value*	
Total Fat	11g 18%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	125mg 41%
Sodium	160mg 6%
Total Carbohydrate	6g 2%
Dietary Fiber	2g 6%
Sugars	0g
Protein	32g
Vitamin A	6%
Calcium	2%
Vitamin C	0%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

